



WELCOME ABOARD PACKET

Welcome aboard Navy Recruiting District New England!

Our command is comprised of more than 230 military and civilian personnel spread throughout seven states and Europe. We are charged with the important task of manning the future Fleet. It's our job to find the most highly qualified individuals for both our Enlisted and Officer ranks within the United States Navy. During your time here in New England, you will forever change the lives of those you recruit. The Naval service opportunities that you will bring them are unlike any they have seen before. For some individuals, it will be a professional career and training that appeals to them, for others it may be educational opportunities and travel. Either way, you will play an important role in changing their lives for better.

Just like in the Fleet, family is an important element of our Command. However, the geographic separation that is the nature of a Recruiting District can make it challenging at times to bring families together. It takes an extra effort, but the rewards for our team and our families are worth it. To help facilitate our Command and family interaction, we have established a presence on a social networking website that you may find of interest. The link is: <http://www.facebook.com/nrdnewengland>. I encourage both you and your spouse to get involved.

Please contact the Chief Administrator at 617-753-4683 to inform him when you will be reporting on board. Should you need any assistance during your transition to NRD New England, please contact either your sponsor or the **Command Master Chief at 617-753-4363**). If needed, our Command Ombudsman can be reached at **518-649-7706**. Finally, our official Command website can be accessed at: <http://www.cnrc.navy.mil/newengland/>. Finding a new place to live, especially in a non-fleet concentration area, can be challenging. A resource you may find useful is the Automated Housing Referral Network at <http://www.ahrn.com>. This website is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military members and their families.

Again, welcome aboard! I am very pleased that you're joining our team and I look forward to meeting you. I know you will find your tour at NRD New England to be challenging and very rewarding.

Sincerely,

J. S. WILCOX
Commander, U.S. Navy
Commanding Officer

**Command Family Ombudsman
Navy Recruiting District New England**

December 20, 2010

Phone: 518-649-7706

617-429-3477

Email: nrd.ombudsman@yahoo.com

NRD New England has two Command Family Ombudsmen. One is located in Albany, NY and the other in Boston, MA.

An ombudsman serves as a link between you, the command families and the command itself. They provide information and outreach to command family members. They also serve as a referral system for those in need of professional assistance to appropriate resources. An ombudsman also acts as an advocate for family members while maintaining the critical element of confidentiality and high level of professionalism. The command wants members to have a contact person for just about any questions you may have. If you need to reach an ombudsman you may do so by using the contact info above. We are available for emergencies 24 hours and non-emergencies from 9 a.m. to 7 p.m.

As an ombudsman we receive a lot of information beneficial to our military families. If you would like to be added to our email list and receive weekly emails regarding local events, military specials, and lots of helpful information and resources, please send us your name, the station your spouse will be working from, your email address as well as your phone number.

Welcome to NRD New England hope to chat soon.

Sincerely,

HQ

NRD New England

CO	CDR Wilcox	617 753-4994	XO	CDR Codosea	617 753-4995
CSC		617 753-4363 C:603 960-0381	CR		617 753-3041 C: 617 875-6721
OACR		617 753-3294 C:518 588-0458	EACR		617 753-3041 C: 617 894-2780
OPS		617 753-4207	AOPS		617 753-4405
CDO		617 721-9223	Sec Mgr		617 753-4995
PA/PII		617 753-3993	CMEO		
DAPA		617 753-4954	A-CMEO		617 753-3993
VAO		617 451-2416	CCC		617 451 2416
SAVI		617 753-4207 C:617 721-9203	PAO	MCC(AW) Delaughter	617 753-4793 C:617 272-6824
Security Officer		617 645-0311	Command Financial Specialist		617 753-3993

ADMIN

Chief Administrator: 617 753-4683
Admin Department 617 753-4319

Supply

LSO: 617 721-9210

SYSAD

Robert Plunkett 617 753-3219

OMBUDSMAN

518 649-7706
781 538-6064

DIVISION 1

Division Officer:

Office: (207) 741-5115 Cell: (207) 210-2514

NRRS South Portland 50 Market Street South Portland, ME 04106

Division LCPO:

Office: (207) 782-2549 Cell: (207) 232-8540

48-54 Western Ave Augusta, ME 04330

Stations

- NRRS South Portland (DIVO)
- Augusta (LCPO)
- NRS Auburn
- NRS Bangor
- NRS Saco
- NRS Portland
- NRS Waterville
- NRS Brunswick

Military Facilities

Bangor ANGB Bangor, ME Services: Exchange, Commissary	Portsmouth Naval Shipyard Seavey's Island, Portsmouth, NH Services: Medical and Dental Clinics, Exchange, Commissary, Housing, ID Cards, MWR	Camp Keyes Augusta, ME Services: Exchange
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Hospitals

Southern Maine Medical Center 1 Medical Center Dr, Biddeford, ME (207) 283-7000	Maine General Medical Center 149 North Street, Waterville, ME (207) 872-1000	Northern Maine Medical Center 194 East Main Street, Fort Kent, ME (207) 834-3155
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Chambers of Commerce

Maine State Chamber 125 Community Drive Suite 101 Augusta, ME 04330 207-623-4568 www.mainechamber.org	Bangor 519 Main Street Bangor, ME 04401 (207) 947-0307 www.bangorregion.com	Portland 60 Pearl Street Portland, ME 04101 (207) 772-2811 www.portlandregion.com
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Points of Interest

Site Seeing/Activities: www.visitmaine.com/attractions Restaurants: www.mainerestaurants.com Public Transportation: www.gpmetrobus.com (Portland) www.purplebus.org (Auburn and Lewiston) www.bangormaine.gov/cs_publictransit (Bangor)	Ski Areas Maine is home to many ski and snowboard areas. Most ski areas offer military discounts and promotions for service members and their families. Kittery/Freeport Kittery, ME is well known for its shopping outlets as well as historic Fort McClary. Freeport, ME is home to LL Bean, as well as many factory outlet stores and Bed and Breakfasts. Outdoors Maine offers an incredible amount of hunting and fishing opportunities year-round. And many gorgeous beaches during the summer.
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DIVISION 2

Division Officer:

Office: (207) 741-5115 Cell: (207) 272-7614

NRRS South Portland 50 Market Street South Portland, ME 04106

Division LCPO:

Office: (603) 431-8744 Cell: (603) 689-6001

NRS Portsmouth, 767 Islington St Portsmouth, NH 03801 04330

Stations

- NRS Concord (DIVO/LCPO)
- NRRS Londonderry
- NRS West Lebanon
- NRS Keene
- NRS Manchester
- NRS Barre
- NRS Nashua
- NRS Portsmouth
- NRS Burlington
- NRS Rutland

Military Facilities

Pease ANG Base Portsmouth, NH Services: ID Cards, Exchange, Clinic	Portsmouth Naval Shipyard Seavey's Island, Portsmouth, NH Services: Medical and Dental Clinics, Exchange, Commissary, Housing, ID Cards, MWR	Camp Johnson Colchester, VT Services: Exchange
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Hospitals

Naval Health Clinic New England One Ayres Circle Bldg. H-1, PNS Portsmouth, NH 207-438-4940	Portsmouth Regional Hospital 333 Borthwick Avenue Portsmouth, NH (603) 436-5110	Dartmouth-Hitchcock Medical Center One Medical Center Drive Lebanon, NH (603) 650-5000
Concord Hospital 250 Pleasant Street Concord, NH (603) 225-2711	Catholic Medical Center 100 McGregor Street Manchester, NH (603) 663-6000	Fletcher Allen Health Care 111 Colchester Avenue Burlington, VT (802) 847-0000

Chambers of Commerce

Manchester 54 Hanover Street Manchester, NH 03101 603-666-6600 www.manchester-chamber.org	Lebanon 1 School Street PO Box 97 Lebanon, NH 03766 603-448-1203 www.lebanonchamber.org	Central VT 33 Stewart Road PO Box 336 Barre, VT 05641 802-229-4619 www.central-vt.org/chamber
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Points of Interest

General Info: www.nh.com www.vermont.com Site Seeing/Activities: www.vtattractions.org www.visitnh.gov Restaurants: www.phantomgourmet.com Public Transportation: www.nh.gov/dot/programs/rideshare/transit http://www.vpta.net/	White Mountains Home to some of the best ski locations on the east coast, NH and VT offer many resorts to chose from including: Loon, Mt. Snow, Wildcat Many resorts offer special deals to service members and family. Kittery, ME/North Conway, NH Known for the large number of outlets, as well as other destinations these are two popular weekend getaways for New Englanders Outdoors North of Franconia Notch, NH is truly wilderness, with many hiking, fishing and hunting locations.
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DIVISION 3

Division Officer:

Office: (617) 753-4501 Cell: (617) 780-5534
NORS Boston 495 Summer Street Boston, MA 04106

Division LCPO:

Office: (508) 620-8825 Cell: (508) 817-6928
NRRS Framingham 79 Main St Suite 102 Framingham, MA 01702

Stations

- NRS Boston (DIVO)
- NRS Framingham (LCPO)
- NRS Leominster
- NRS Hyannis
- NRS North Andover
- NRS Lowell
- NRS Malden
- NRS Danvers
- NRS Waltham

Military Facilities

Hanscom AFB Main Gate: Vandenberg Gate, Hanscom Drive, Lexington MA Services: Clinic, Exchange, Commissary, Housing, ID Cards	Coast Guard Boston 427 Commercial St, Boston, MA 02109 Services: ID Cards, Free After Hours Parking
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Hospitals

Mass General 55 Fruit Street Boston, MA 617-726-2000	Beth Israel 330 Brookline Ave Boston, MA (617) 667-7000	Lawrence Memorial 170 Governors Ave Medford MA (781) 306-6000
Winchester Hospital 41 Highland Ave Winchester, MA (781) 729-2409	Lowell General 295 Varnum Ave Lowell, MA (978) 937-6000	UMASS Medical Center 119 Belmont Street Worcester, MA (508) 334-1000

Chambers of Commerce

Boston 265 Franklin St 12 th Floor Boston, MA 02110 617-227-4500 www.bostonchamber.org	Lowell 131 Merrimack St Lowell, MA 01852 978-459-8154 www.greaterlowellchamber.org	Worcester 446 Main St #10 Worcester, MA 01608 508-753-2924 www.worcesterchamber.org
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Points of Interest

General Info: www.boston.com Site Seeing/Activities www.bostonusa.com/ www.storyofboston.com/ Restaurants www.phantomgourmet.com Public Transportation: www.mbta.com	History Boston and the surrounding towns are home to many historical sites found on the freedom trail, or in Lexington and Concord, the starting points of the revolution Museums Boston is known for its higher education and its museums don't disappoint including: Museum of Fine Arts, Museum of Science, Children's Museum and the New England Aquarium Cape/New Hampshire Two popular summer getaways, both places offer relaxation, either on the beaches of Cape Cod or the Lakes and Woods of New Hampshire
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DIVISION 4

Division Officer:

Office: (401) 921-1791 Cell: (401) 450-4743
NRS Warwick 2348 Post Rd. Suite 10 Warwick, RI 02886

Division LCPO:

Office: (508) 436-7498 Cell: (508) 951-5868
NRS Brockton 165 Westgate Dr Unit 4 Brockton, MA 02301

Stations

- NRS Warwick (DIVO/LCPO)
- NRS Brockton
- NRS Fall River
- NRS New Bedford
- NRS Plymouth
- NRS East Providence
- NRS/NRRS/NRORS Quincy
- NRS Woonsocket
- NRORS Newport

Military Facilities

Naval Station Newport 690 Perry St Newport, RI 02841 Services: Medical and Dental Clinics, Exchange, Commissary, Housing, ID Cards, MWR	USCG Air Station Cape Cod Services: Medical and Dental Clinic, ID Cards, MWR, Pharmacy
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Hospitals

Quincy Medical Center 114 Whitwell St, Quincy, MA (617) 773-6100	East Providence Medical Center 525 Taunton Ave, East Providence, RI (401) 435-5404	Morton Hospital 88 Washington Street, Taunton, MA (508) 828-7777
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Chambers of Commerce

Providence 30 Exchange Terrace Providence, RI 02903 (401) 521-5000 www.provchamber.com	Quincy 1400 Hancock St, Suite 1A Quincy, MA 02169 (617) 471-1700 www.quincy2000.org	Boston 265 Franklin St 12 th Floor Boston, MA 02110 (617) 227-4500 Bostonchamber.org
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Points of Interest

Sight Seeing/Activities: www.boston.com/travel/boston www.goprovidence.com/things-to-do www.capecodtravel.com Restaurants: www.phantomgourmet.com Public Transportation: www.mbta.com (Boston/Quincy) www.ripta.com (Providence)	Boston The city of Boston has some of the best historical sites, as well as nightlife, in the Northeast. Cape Cod Cape Cod offers some of the finest beaches and seafood in the area. Providence Smaller than Boston, but offers nearly the same social scene.
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DIVISION 5

Division Officer:

Office: (860) 848-0153 Cell: (860) 204-7272

NAVSUB Base New London PO BOX 5031 Bldg 86 Rm 110 Groton, CT 06349

Division LCPO:

Office: (413) 552-3898 Cell: (860) 319-1613

NRS Western MA 485 Newton St. S. Hadley, MA 01074

Stations

- NRS New London (DIVO/LCPO)
- NRS Western Mass
- NRS Southbridge
- NRS Springfield
- NRS Northern CT
- NRS Enfield
- NRS Manchester

Military Facilities

SUBASE New London Groton, CT Services: Clinic, Exchange, Commissary, Housing, ID Cards	Westover ANG Base Westover, MA Services: Exchange, ID Cards
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Hospitals

Baystate Medical Center 759 Chestnut Street Springfield, MA 01199 413-794-0000	Navel Branch Health Clinic 1 Wahoo Drive Groton, CT 06349 860-694-4123
Hartford Hospital 80 Seymour Street Hartford, CT 06102 (860) 545-5000	Harrington Hospital 100 South Street Southbridge, MA 01550 508-765-9771

Chambers of Commerce

West of River PO Box 48 West Springfield, MA 01090 413-426-3880 www.ourwrc.com	Hartford 948 Farmington Ave West Hartford, CT 06107 860-521-2300 www.whchamber.com	Mystic (New London) 2 Roosevelt Ave P.O. Box 143 Mystic, CT 06355 860-572-9578 www.mysticchamber.org
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Points of Interest

Site Seeing/Activities: www.ctvisit.com Restaurants: www.phantomgourmet.com Public Transportation: www.cttransit.com	Mohegan/Sun Foxwoods Home to two of the largest casinos in the world, both feature entertainment and premier dining Six Flags New England Located in Agawam, MA just across the border is the premier theme park of New England Outdoors Connecticut is home to many state parks, hiking trails and other outdoor attractions.
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DIVISION 6

Division Officer:

Office: (860) 347-4397 Cell: (860) 424-6196

NAVSUB Base New London PO BOX 5031 Bldg 86 Rm 110 Groton, CT 06349

Division LCPO:

Office: (860) 347-4397 Cell: (860) 387-3544

NRS Middletown 170 Main St Metro Square Suite 13 Middletown, CT 06457

Stations

- NRS Hamden (DIVO/LCPO)
- NRS Bridgeport
- NRS Danbury
- NRS Middletown
- NRS Bristol
- NRS New Haven
- NRS Stamford
- NRS Waterbury

Military Facilities

SUBASE New London Groton, CT Services: Clinic, Exchange, Commissary, Housing, ID Cards	Westover ANG Base Westover, MA Services: Exchange, ID Cards
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Hospitals

Yale-New Haven Hospital 20 York Street New Haven, CT (203) 688-4242	Danbury Hospital 24 Hospital Avenue Danbury, CT (203) 739-7000	Waterbury Hospital 64 Robbins Street Waterbury, CT (203) 573-6000
Bridgeport Hospital 267 Grant Street Bridgeport, CT (203) 384-3000	Stamford Hospital 30 Shelburne Road Stamford, CT (203) 276-1000	Middlesex Hospital 28 Crescent St. Middletown, CT (860) 358-6000

Chambers of Commerce

Danbury 39 West Street Danbury, CT 06810 203-743-5565 www.danburychamber.com	New Haven 900 Chapel Street 10th Floor New Haven, CT 06510 203-787-6735 www.gnhcc.com	Waterbury 83 Bank Street P.O. Box 1469 Waterbury, CT 06721 203-757-0701 www.waterburychamber.org
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Points of Interest

Site Seeing/Activities: www.ctvisit.com Restaurants: www.phantomgourmet.com www.restaurantsct.com Public Transportation: www.cttransit.com	The Lake Compounce Theme Park Located in Bristol, it is the oldest theme park in America, featuring the oldest roller coaster in America and many other attractions. Casinos Foxwoods and Mohegan Sun are both located in CT and offer world class gaming, dining and entertainment. South West CT Southwest CT is close to and takes much of its culture from New York City. It features many place for good shopping or getaways on Long Island Sound.
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DIVISION 7

Division Officer:

Office: (845) 561-2915 Cell: (845) 238-7513

NORS Newburgh 179 Temple Hill Rd New Windsor, NY 12550

Division LCPO:

Office: (845) 561-2915 Cell: (845) 238-7513

NORS Newburgh 179 Temple Hill Rd New Windsor, NY 12550

Stations

- NRS Peekskill (DIVO/LCPO)
- NRS Middletown
- NRS Nanuet
- NRS Newburgh
- NRS Oneonta
- NRS Poughkeepsie

Military Facilities

United States Military Academy

West Point, New York

Services: Medical and Dental Clinics, Exchange,
Commissary, Housing, ID Cards, MWR
Housing, ID Cards

Hospitals

Orange Regional Medical Center

60 Prospect Ave, Middletown, NY
(888) 321-6762

Putnam Hospital Center

670 Stoneleigh Avenue, Carmel, NY
(845) 279-5711

Chambers of Commerce

Dutchess County Regional

One Civic Center Plaza, Suite 400
Poughkeepsie, New York 12601
(845) 454-1700

Dutchesscountyregionalchamber.org

Points of Interest

Sight Seeing/Activities:

www.co.dutchess.ny.us/Tourism/Tourism.htm
www.dutchesscountyregionalchamber.org/tourism.php
www.dutchesstourism.com/

Restaurants:

<http://dutchesscountyrestaurantguide.com/>
<http://rhinebeck.com/dining.html>

Public Transportation:

www.mta.info

New York City

The largest city in the country is easily accessible from the area though the Metro-North railway.

Outdoors

The Dutchess County/Hudson Valley offers some excellent outdoor opportunities, including over a dozen golf courses as well as a variety of hunting grounds and shooting ranges.

Historic Sites

Visit places such "Springfield", the lifelong home of Franklin D. Roosevelt and Bannerman Castle along with other historic sites.

DIVISION 8

Division Officer:

Office: (518) 438-4625 Cell: (518) 708-3851

NORS Albany 14 Computer Drive East Albany, NY 12205

Division LCPO:

Office: (518) 489-5584 Cell: (518) 649-7709

NRS Albany Colonie Center Mall PO Box 50128 Suite 234 Albany, NY 12055

Stations

- NRS Green Island (DIVO)
- Saratoga Springs (LCPO)
- NRS Johnstown
- NRS Plattsburgh
- NRS Saratoga Springs
- NRS Schenectady
- NRS Albany
- NORS Albany

Military Facilities

NSA Saratoga Springs

Saratoga Springs, NY

Services: Medical and Dental Clinics, Exchange,
Commissary, Housing, ID Cards, MWR

Hospitals

Saratoga Hospital 211 Church Street, Saratoga Springs (518) 587-3222	Albany Medical Center 43 New Scotland Avenue, Albany (518) 262-3125
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Chambers of Commerce

Albany-Colonie Regional Chamber of Commerce Five Computer Drive South Albany, NY 12205-1608 (518) 431-1400 www.acchamber.org	Schenectady County Chamber 306 State Street Schenectady NY 12305 (518) 372-5656 www.schenectadychamber.org	Saratoga Springs Chamber 28 Clinton Street, Saratoga Springs New York (518) 584-3255 www.saratoga.org
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Points of Interest

Sight Seeing/Activities/General Info: www.albany.org www.saratoga.org/visitors/top-saratoga-attractions Public Transportation: www.cdta.org	Albany There are many tours of the city and the Hudson River available, and the local arena hosts events and concerts year round. Saratoga Springs Saratoga Springs is a scenic city that offers golf, a casino and raceway, and many historical sites. Outdoors Upstate New York is a prime location for hunting, fishing, camping, and skiing.
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DIVISION 9

Division Officer:

Office: DSN-8-0, Wait for Operator, 629-4087, 011-39-335-828-3919
NRS Naples, Italy

Stations

- NRS Naples, Italy (DIVO/LCPO)
- NRS K-Town

Military Facilities

NSA Naples Naples, Italy Services: Medical and Dental Clinics, Exchange, Commissary, Housing, ID Cards, MWR, USO	K-Town Military Community Kaiserslautern, Germany Services: Medical, Dental, Exchange Commissary, Housing, ID Cards, MWR, USO, Entertainment, Restaurants
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Hospitals

Landstuhl Regional Medical Center Section/Division, Bldg 3703 66849 Landstuhl/Kirchberg 06371-86-8160/8414	US Naval Hospital Naples Ospedale Marina USA Via Contrada Boscariello Gricignano di Aversa (CE) 81030 011-39-081-811-6000/1
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Points of Interest

Sight Seeing/Activities/General Info: www.kaiserslautern.de/tourismus/sehenswertes/index.html?lang=en www.portanapoli.com/Eng/naples/see Public Transportation: www.raileurope.com www.eurail.com	History Germany and Italy are both home to countless historic sites, from WWII Battlefields to ancient Roman wonders history is all around Travel Due to Europe's size, much of it is easily accessible by driving or train. The historic cities in Spain and France, the countryside of Belgium, and the rolling hills and mountains of Switzerland natural beauty is everywhere and should not be missed.
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DIVISION 10 (Medical)

Division Officer:

Office: (617) 753-3994 Cell: (617) 694-5307
NRD New England HQ 495 Summer Street Boston, MA 02210

Division LCPO:

Office: (518) 438-4625 Cell: (518) 491-9616
NORS Albany 14 Computer Drive East Albany, NY 12205

Stations

- NRS Boston (DIVO)
- NRS Albany (LCPO)
- NRS New London

For sailors stationed at the Boston office, refer to the Division III page.	For sailors stationed at the New London office, refer to the Division V page.	For sailors stationed at the Albany office, refer to the Division VIII page.
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Other Useful Websites

www.uso-newengland.org

The official website of the New England area USO. This is the site to visit for tickets to local events, outreach programs, and family assistance programs. The USO also has a lounge in Terminal C of Logan Airport to make travel into and out from the airport a little more comfortable for military members and their families.

www.seenewengland.com

This site covers much of the tourism and attractions for the entire New England region.

www.yelp.com

Yelp is a website where consumers can post their own reviews and ratings for just about anything, so you can see what other people think about a venue before going out and spending your time and money there.

www.groupon.com

Groupon allows you to purchase gift certificates to various restaurants, salons, fitness centers, dance studios, etc. at a discounted price. For example, you could purchase a restaurant groupon for \$15 that is worth \$30. This allows you to try new establishments, or revisit an old favorite, at reduced cost.

www.livingsocial.com

Every day, one highly discounted deal is offered to Living Social subscribers, featuring up to 90% off at a local business. Additionally, they offer deals like Groupon that are available for more than just one day.

www.ahrn.com

The Automated Housing Referral Network (AHRN) is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military members and their families.

www.militarybyowner.com

Not officially connected to the DoD, but still a potentially useful site to research housing options near military bases.

www.greatschools.org

A comprehensive database of local schools and how well they are rated, both in terms of test scores and by ratings generated by the community.